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U. S. DEPARTMENT OF AGRICULTURE  
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PRESS SERVICE



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
JANUARY 6, 1932 (WEDNESDAY)

THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE

:		:	
:	Every meal -- Milk for children, bread for all	:	
:		:	
:	Every day --	:	Two to four times a week --
:	Cereal in porridge or pudding	:	Tomatoes for all
:	Potatoes	:	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)
:	A green or yellow vegetable	:	Lean meat, fish or poultry
:	A fruit or additional vegetable	:	and cheese
:	Milk for all	:	
:		:	

\* \* \* \* \*

GETTING VARIETY IN THE LOW-COST MENU

How to buy with a small food budget is one problem. How to plan good meals out of what you buy is another and perhaps a harder problem. Even the housewife with unlimited choice must give some thought to her menus if she would have them interesting as well as wholesome. To get variety within the low-cost budget, the Bureau of Home Economics points out, is a very much stiffer challenge to any housewife's ingenuity, as well as to her skill at cookery. She must buy cheap foods and she must try to make them more interesting than usual, for palatable meals attractively served are a powerful stimulant to the spirits.

Barely to meet the body needs, then, the bureau insists, is not enough. Something must be counted in to make the cheap meal taste good. This week,



accordingly, the bureau suggests a new set of menus--seven dinner menus planned within the low-cost weekly food supply suggested for a family of five. Several of these dinners are planned to have enough of the main dish left over for next day's lunch, or supper, as the case may be. Most of these dinner menus were planned without salads, with the thought that salads would be used to make lunches or suppers more appetizing.

The first two of the menus are for oven dinners, and if the oven is big enough, the bureau points out, could be cooked the same day, with the same fire. By using cheap cuts, meat can be squeezed out of the budget for every day but one, and that day a half-pound of fish is used in a chowder. One of those days, to be sure, the meat is a half-pound of salt pork. But salt pork baked with beans provides a very substantial and nourishing dish.

The recipes for this week's menu have been adapted from publications of the bureau, such as Leaflet No. 81-L, entitled "Cooking Cured Pork," and "Aunt Sammy's Radio Recipes Revised."

\* \* \* \* \*

WEEKLY LOW COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children.

Bread .....	12 - 16 lbs.
Flour .....	1 - 2 "
Cereal .....	4 - 6 "
Whole fresh milk .....	23 - 28 qts.
or	tall
Canned evaporated milk .....	23 - 28/cans
Potatoes .....	15 - 20 lbs.
Dried beans, peas, peanut butter .....	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits .....	6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits .....	15 - 18 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. ....	2½ "
Sugar and molasses .....	3 "
Lean meat, fish, cheese, and eggs .....	5 - 7 "
Eggs (for children) .....	8 eggs

\* \* \* \* \*





# MENUS

## No. 1

Stuffed Baked Shoulder  
Baked Sweetpotatoes  
Spinach  
Bread and butter  
Baked Indian Pudding  
Milk (for children)

## No. 2

Baked Beans with  
Salt Pork  
Brown Bread  
Cabbage Salad  
Apple Betty  
Milk (for children)

## No. 3

Cold Sliced Shoulder  
Creamed Potatoes  
Tomatoes  
Bread and butter  
Steamed Apricot Pudding  
Milk (for children)

## No. 4

Lamb Stew with Potatoes,  
Carrots, and Onions  
Bread and butter  
Bananas  
Milk (for children)

## No. 5

Creamed Ground Shoulder  
and Hominy  
Stewed Tomatoes  
Bread and butter  
Apple Sauce  
Milk (for children)

## No. 6

Salmon Chowder  
Sauerkraut  
Cornbread  
Raisin Tapioca Pudding  
Milk (for children)

## No. 7

Ground Beef Broiled on Toast  
Pan-fried Potatoes  
Boiled Onions  
Bread and butter  
Stewed Dried Peaches  
Milk (for children)

\* \* \* \* \*

# RECIPES

## Roast Stuffed Cured Shoulder

Have a cured pork shoulder skinned and boned. Wash the shoulder and soak it overnight in cold water to cover. On removing the piece from the water wipe it dry. Lay the shoulder fat side down, pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing. For the stuffing mix 1 cup of brown sugar and 3 cups of fine soft bread crumbs, 1 teaspoon of prepared mustard, and just enough vinegar to moisten. Add 1 teaspoon of ground cloves and 2 teaspoons of cinnamon. Lay the stuffed shoulder, fat side up, on a rack in an open roasting pan without water. Roast the meat at very moderate heat until it is tender when pierced with a skewer or a fork. A 4 to 5 pound picnic shoulder will require about  $3\frac{1}{2}$  hours to cook at this oven temperature.

## Baked Indian Pudding

1 quart milk	$\frac{1}{2}$ cup molasses
$\frac{1}{3}$ cup yellow cornmeal	$\frac{1}{2}$ to 1 teaspoon ginger
1 teaspoon salt	

Cook the milk, cornmeal, and salt in a double boiler for 20 minutes. Add the molasses and ginger, pour into a greased baking dish, and bake in a very moderate oven for 2 hours.

## Apple Brown Betty

2 quarts diced tart apples.	1 teaspoon cinnamon
1 quart bread crumbs (oven toasted until crisp and light brown)	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ cup melted butter, margarine, or other fat





Grease a baking dish and place in it a layer of crumbs, then a layer of apples, and some of the sugar, cinnamon, and salt, which have been mixed together. Repeat until all the ingredients are used, saving sufficient crumbs for the top. Pour the melted fat over the top layer of crumbs, cover, and bake for 30 to 45 minutes, or until the apples are soft. Toward the last remove the cover and allow the top to brown. Serve with (or without) top milk or sauce.

#### Steamed Apricot Pudding

$\frac{1}{2}$ pound dried apricots	1 egg
$1\frac{1}{2}$ cups sifted soft-wheat flour	2 teaspoons baking powder
$\frac{1}{2}$ cup suet	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup milk

Wash the apricots, chop fine, and mix with 2 tablespoons of the flour. Sift the remaining flour with the baking powder and salt. Cream the fat, add the sugar, and well-beaten eggs, and add alternately with the milk to the sifted dry ingredients. Stir in the apricots. Pour into a greased mold, cover, and steam for 2 hours. Serve with vanilla sauce.

#### Salmon Chowder

2 cups diced potatoes	1 pint milk
1 cup diced carrots	$\frac{1}{2}$ pound canned salmon
1 large onion, chopped	Salt
1 quart water	Pepper
2 tablespoons flour	

Cook the potatoes, carrots, and onion in the water for 15 minutes. Mix the flour with a little cold milk, add to the vegetables and stir. Add the remaining milk, the salmon, season with salt and pepper, and simmer about 10 minutes longer. Serve over crackers.

#### Raisin Tapioca Pudding

$\frac{1}{2}$ cup quick-cooking tapioca	$\frac{1}{2}$ teaspoon salt
3 cups boiling water	Juice and grated rind of
$\frac{1}{4}$ cup sugar	1 lemon
	1 cup raisins

Add the boiling water to the tapioca and cook in a double boiler for 15 minutes, or until the tapioca is clear. Add the sugar, salt, and lemon rind and juice. Add the raisins and pour into a greased shallow baking dish. Bake in a moderate oven until the raisins are tender and the top is lightly browned. Serve hot or cold.

This pudding will cost a little less if boiled, instead of baked, after the raisins are added.

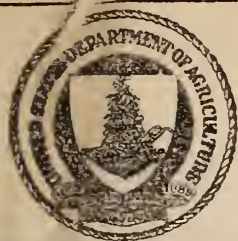
#### Ground Beef Broiled on Toast

1 pound ground raw beef	Butter
8 slices bread	Salt and pepper to taste

Toast the bread on one side. Butter the untoasted side, spread to the edge with a layer of the ground beef, dot with the butter, and broil under a flame for about 5 minutes. Season with salt and pepper, and serve at once with a garnish of parsley or pickles.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
JANUARY 13, 1932 (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE

:	:	:
:	:	:
:	Every meal -- Milk for children, bread for all	:
:	:	:
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes :	Dried beans and peas or peanuts :
:	Tomatoes (or oranges) for children :	Eggs (especially for children) :
:	A green or yellow vegetable :	Lean meat, fish or poultry :
:	A fruit or additional vegetable :	and cheese :
:	Milk for all :	:
:	:	:

### MAKING SURE OF VITAMIN A

At this time of year especially, make sure of your vitamin supply, warns the Bureau of Home Economics of the U. S. Department of Agriculture. This is especially important in selecting food on a limited budget where less variety is possible because of the cost. This, too, is the season when fewest green vegetables and fresh fruits are available. It is also the season when there is least sunlight and the violet rays of the sun (the rays that make one of the vitamins) are weakest. Sunlight and green foods are important sources of certain vitamins, and all vitamins are essential to health.

But what are vitamins, do you say? Or, as a correspondent of the bureau put it: "Are vitamins A, B, and C real things or just hypothetical substances? Please refer this to someone who really knows. Don't ask just any schoolboy."





It is not a schoolboy, but one who really knows, the senior nutrition chemist of the Bureau of Home Economics, Dr. Hazel E. Munsell, who answers such questions when they are put to the Bureau of Home Economics. She is the head of the bureau's laboratory where workers are studying vitamins constantly.

Until a comparatively few years ago vitamins were unheard of. Then it was demonstrated that natural foods---that is, un-manufactured foods--contain certain substances hitherto unrecognized but without which animals and human beings fall ill in various ways. Just exactly what these substances are nobody knows--any more than we know just what electricity is. Several vitamins have been identified, but it is probably because they are still somewhat mysterious that they are called by letters of the alphabet--A, B, C, D, E, and G.

What is known about vitamins, as about electricity, is what they do. Experiments have shown that without vitamin A in the diet, human beings are particularly susceptible to bacterial infection of various sorts. Without vitamin D, children have rickets. Without vitamins B, C, E, and G, respectively, other troubles come.

The question is, therefore, "What foods shall I eat to be sure I am getting enough vitamins?" The Bureau of Home Economics plans to answer that question in this series of articles, considering one vitamin at a time, and the foods in which it occurs in largest quantity. The subject this week is vitamin A.

#### Foods Rich in Vitamin A

Among the common foods, the richest source of vitamin A is liver, which contains 2,800 units of vitamin A per ounce, or exactly twice as much as the next richest sources, which are spinach (raw and canned), cream cheese, and butter, each with 1,400 units per ounce.





Vitamin A is also found in whole milk, and although there are only 65 units per ounce of milk, an ordinary glass contains 8 ounces of milk, which would mean 520 units of vitamin A at a meal if you drank only one glass of milk. Vitamin A is in the milk fat. Therefore, it is plentiful in concentrated forms like dried whole milk, with 500 units per ounce, evaporated and condensed milk, each with 140 units per ounce.

Next in the list come carrots, with 940 units per ounce, then American cheese and Parmesan cheese each with 700 units per ounce. Eggs have 550 units (concentrated in the yolk), prunes are next with 300 units per ounce, kidney with 230, peas (fresh or canned) with 175, peppers 175, tomatoes (raw and canned or canned tomato soup) with 170, string beans with 150, bananas with 100.

Some of the salad vegetables, though rich in other vitamins, have very little vitamin A. Romaine, however, has 150 units per ounce, and escarole, a variety of endive, which has a very thin/<sup>green</sup>leaf, has more than any other food yet tested -- 6000 units per ounce. But you would have to eat a liberal serving of <sup>is</sup> escarole to get those 6000 units, for it/<sup>is</sup>eaten green like lettuce. That is one thing to remember in calculating vitamins. An ounce is a much more compact and practicable serving of liver, or of butter or of cheese, or for that matter, of spinach after cooking, than of raw romaine lettuce. Remember also that in leafy vegetables with green and white leaves, there are more vitamins in the green leaves. And the yellow-colored foods like carrots, sweetpotatoes, yellow cornmeal, and yellow turnips have more than the corresponding white varieties of those foods.

Authorities say that good diets furnish probably 5000 to 15,000 units of vitamin A per person per day. And a good diet is a well-balanced diet, including besides the vitamins, starch, sugar, fat, protein, and mineral salts. To keep costs down, select the foods that contain the most of the greatest variety



of these nutrients. For vitamin A, depend on milk, butter, cheese, eggs, liver, green leafy vegetables, and other vegetables of green or yellow color.

WEEKLY LOW COST-FOOD SUPPLY FOR A FAMILY OF FOUR ADULTS:

Flour . . . . .	4 lbs.
Bread . . . . .	20-25 "
Cereal . . . . .	4-7 "
Whole fresh milk, or . . . . .	4-14 qts.
Canned evaporated milk . . . . .	4-14 tall cans
Potatoes . . . . .	15-20 lbs.
Dried beans, peas, peanut butter . . . . .	1-3 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	6 "
Other vegetables, (including some of green or yellow color) and inexpensive fruits . . . . .	20-25 "
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . . .	4 "
Sugar and molasses . . . . .	5 "
Lean meat, fish, cheese, eggs . . . . .	5-10 "

MENUS FOR ADULTS

<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Ground whole wheat with milk	Scalloped Liver and Potatoes	Thick dried pea soup
Toast -- Coffee	Carrot Salad	Bread & Butter
	Whole wheat bread & Butter	Prunes - Milk
	Sliced bananas - Milk	
<u>Breakfast</u>	<u>Dinner</u>	<u>Supper</u>
Cooked cereal with milk	Macaroni with cheese and	Vegetable soup
Toast -- Coffee	tomatoes	Corn bread & Butter
	Spinach	Baked custard- Milk
	Baked apple - Milk	

RECIPES

Scalloped Liver and Potatoes

1 pound liver, sliced thin	1 quart thinly sliced potatoes
Salt and pepper	1 small onion, minced
Flour	1-1/2 cups milk
2 tablespoons bacon fat	

Salt and flour the liver and brown lightly in the bacon fat. Place a layer of the raw potatoes in a greased baking dish, sprinkle with salt and pepper, add some of the liver and onion, and continue until all are used. The top layer should be of potatoes. Pour on the milk, cover, and bake for 1 hour in a moderate oven (350°F.), or until the potatoes are tender. At the last remove the cover and allow the potatoes to brown on top.

Thick Dried Pea Soup

2 cups dried peas	2 tablespoons flour
Cold water	1 pint milk
1 large onion, sliced	2 teaspoons salt
4 tablespoons butter, margarine, or other fat	Dash of pepper

Pick over the peas, wash well, and soak overnight in 1 quart of cold water. In the morning, add 1 more quart of water and the onion, cover, and simmer for about 1-1/2 hours, or until the peas are soft. Press the peas and onion through a fine sieve, and save all the liquid. Blend the fat and flour, add the milk, and stir until thickened. Mix with the pea pulp and liquid, season, and serve hot. If the soup becomes too thick, add more milk to give the right consistency.





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## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



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WASHINGTON, D. C.

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE

:	:		
:	Every meal -- Milk for children, bread for all	:	
:	:	:	
:	Every day --	Two to four times a week --	:
:	Cereal in porridge or pudding	Tomatoes for all	:
:	Potatoes :	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children :	Eggs (especially for children)	:
:	A green or yellow vegetable :	Lean meat, fish or poultry	:
:	A fruit or additional vegetable :	and cheese	:
:	Milk for all		:

### CHEAP FOODS TO DEPEND ON FOR VITAMIN C

Some families nowadays have to cut their food costs to the limit, but the menu, however economical, should not omit the essential nutrients. The more the choice of foods is limited, the more difficult it is to provide a balanced diet. Likewise, the Bureau of Home Economics urges, the more limited the choice, the more important the balanced diet becomes.

That is the answer to the well-to-do housewife who complained the other day that her husband wanted more variety than these low-cost menus provide. She can, of course, improve those low-cost menus, the bureau points out, by adding more vegetables, fruits, and meats according to her pocketbook, thus reducing the requirements for bread and cereals. For low-cost diets, however, bread and



cereals must be depended on for a substantial proportion of the food values, with more limited quantities of the more expensive foods to balance them. The point that must not be lost sight of is that certain different kinds of food are necessary. The bureau's suggested menus provide those kinds.

The housewife must remember the vitamins. The lack of certain vitamins is one of the most serious deficiencies in any diet. Vitamins, proteins, starches, sugars, fats, and mineral salts, all are food materials essential to human health. To provide those necessary things, in necessary quantity every day, the diet must be balanced. The menus suggested by the Bureau of Home Economics are planned on that basis, utilizing the cheapest of each of the necessary kinds of food.

Vitamin A, the anti-infection vitamin, has been discussed in this series. Vitamin C is the subject today. Without vitamin C human beings are in danger of scurvy, one of the diseases that appears when people lack fresh foods. Scurvy used to be common on long ship voyages. What foods shall the housekeeper depend on to provide the family with vitamin C?

The cheapest source of vitamin C is raw cabbage. Green peppers have as much vitamin C per ounce as raw cabbage, but the cabbage is easier to use in sufficient quantities. Then come tomatoes, raw or canned,, and the citrus fruits -- oranges, lemons, grapefruit, tangerines. Parsley, too, is high in vitamin C and raw turnips (rutabagas) also are good. Raw spinach has as much as raw cabbage, but, like most other vegetables, loses some vitamin C when cooked. Tomatoes, fortunately, and peaches, retain their vitamin C, even when canned. Potatoes, despite a loss in cooking, are a cheap source of this vitamin because such large quantities of potatoes are used.

And there we have another important point to remember: Vitamin C is likely to be destroyed in cooking -- certainly in long-time cooking. Therefore, it is a good thing to eat cabbage, tomatoes, peppers, and even spinach raw. And it is





important when these vegetables are cooked to use quick-cooking methods — such as are suggested in today's recipes for cabbage and spinach.

Fruits, of course, because they are eaten raw, are an excellent source of vitamin C. Apples, bananas, peaches, pineapple, though they have only one-third as much vitamin C as oranges and the other citrus fruits, are a good source because most people like them so well they eat plenty of them — when they are cheap enough, of course. Just now, with apples as low as two or three cents a pound in some places, bananas as low as 20 cents a dozen, oranges a penny apiece, tangerines 10 cents a dozen in some markets, and grapefruits as low as 3 or 4 cents apiece, it is a good thing for variety's sake to use the fruit you can afford, in place, perhaps of a vegetable, and certainly in place of a pudding or a pie.

Vitamin C is particularly important for children, and babies can take orange juice or tomato juice. Children past the sieved-food stage can take cabbage finely chopped, which can be made into very attractive sandwiches. Mixed with a little creamed butter or margarine, the chopped cabbage can be spread between thin slices of bread and children will like it. The rest of the family, of course, get a good supply of vitamin C in cole slaw, or cabbage salad, to which, for variety, other raw vegetables may be added.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF THREE  
including two adults and one child:

Bread . . . . .	10 - 15 lbs.
Flour . . . . .	1 - 2 "
Cereal . . . . .	3 - 4 "
Whole fresh milk . . . . .	9 - 14 qts.
or	cans
Canned evaporated milk . . . . .	9 - 14 tall/
Potatoes . . . . .	8 - 10 lbs.
Dried beans, peas, peanut butter . . . . .	1 - 2 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	4 "





Other vegetables (including some of green or yellow color) and  
inexpensive fruits . . . . . 12 - 14 lbs  
Fats, such as lard, salt pork, bacon, margarine, butter, etc. . . . . 2 "  
Sugar and molasses . . . . . 2½ "  
Lean meat, fish, cheese, eggs . . . . . 3 - 5 "  
Eggs (for child) . . . . . 3 "  
\* \* \* \* \*

MENUS

Breakfast

Orange or tangerine  
Cooked cereal and toast  
Milk (child) - Coffee (adults)

Dinner

Cottage-fried potatoes  
Cabbage bujea  
Cottage cheese  
Milk  
Bread and butter

Supper

Creamed frizzled chipped  
beef on toast  
Stewed or scalloped  
tomatoes  
Milk - Canned peaches  
Bread and butter

\* \* \* \* \*

RECIPES

Five-minutes Cabbage

2 cups milk	2 tablespoons flour
1 quart shredded cabbage	Salt
3 tablespoons melted butter	Pepper
or other fat	

Heat the milk and cook the cabbage in it for 2 minutes. Add the blended fat and flour, and the seasoning, cook rapidly for 3 or 4 minutes, and stir constantly. The cabbage retains its crispness and is delicate in flavor and color.

Cabbage Bujea

4 tablespoons or more of fat	1-1/2 quarts shredded cabbage
1 or 1-1/2 onions, sliced	1-1/2 teaspoons salt
1 green pepper, shredded	1/2 cup boiling water

Melt the fat and cook the onions and pepper until the onions are slightly browned. Add the cabbage, salt, and water. Stir frequently and simmer until the vegetables are tender.

Quicked-cooked Spinach

Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle at first, turn the spinach now and then until thoroughly wilted, then remove the cover, and stir frequently. Cook about 10 to 15 minutes (for a quantity of 2 pounds), chop fine, season with pepper, salt, and butter or other fat, and serve. Spinach cooked in this way will retain its attractive green color and fresh flavor.

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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



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JANUARY 27, 1932 (WEDNESDAY)

WASHINGTON D C

### THE MARKET BASKET

by

The Bureau of Home Economics, U. S. Department of Agriculture.

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### FAMILY FOOD GUIDE

:	:
:	:
:	Every meal -- Milk for children, bread for all
:	:
:	:
:	Every day --
:	Two to four times a week --:
:	Cereal in porridge or pudding
:	Tomatoes for all
:	Potatoes
:	Dried beans and peas or peanuts:
:	Tomatoes (or oranges) for children
:	Eggs (especially for children) :
:	A green or yellow vegetable
:	Lean meat, fish or poultry
:	A fruit or additional vegetable
:	and cheese
:	Milk for all
:	:
:	:

### FOODS THAT CONTAIN VITAMIN G PREVENT PELLAGRA

"My husband's pay has been cut from \$18 a week to \$15. We have six children under 14 years old. How can I feed them properly?", asks the mother of this family, in a letter to the Bureau of Home Economics of the U. S. Department of Agriculture. The family lives in a section of the country where pellagra is common--and pellagra is one of the diseases that occurs among people who have too little of certain necessary kinds of food.

It has been found by the U. S. Public Health Service that people who have enough food, including plenty of milk, lean meat, fish, plenty of green leafy vegetables, or tomatoes, do not have pellagra. On the other hand, a diet which consists wholly of cornmeal, fat meat, rice or potatoes, and molasses or sirup, as in some sections of the country, is likely to produce pellagra. To be good, a diet should include cheese, eggs, and vegetables of green or yellow color, in







addition to milk, bread and cereals, lean meat (fat meat will not prevent pellagra), and tomatoes. But what is to be done when the family pocketbook can not be stretched to cover all those items?

Many pellagra-preventive foods have been found to contain vitamin G, and although the exact relation of vitamin G to pellagra has not been finally determined, some very significant experiments have been made. In the Bureau of Home Economics laboratory, for example, white rats, when kept on a diet which lacked vitamin G, have been found to develop symptoms much like the symptoms of human beings with pellagra. When those same rats were changed to a wholesome diet, including foods that contain vitamin G, they recovered and seemed to become normal, healthy little animals.

Therefore, nutritionists conclude, you must have vitamin G in your diet. And because the foods containing this vitamin cost more than some other kinds of food, efforts have been made to discover cheaper forms of such necessities as milk, for example.

This search has led to the recommendation of dried skim milk for families where fresh milk or evaporated milk is out of the question. Bakery shops and ice cream makers buy dried skim milk by the barrel, and sometimes will sell it by the pound at 8 to 15 cents. This is a cheap way to provide protection against pellagra. One pound of dried skim milk, with water added, will make nearly 5 quarts of liquid skim milk which is equal, in food value, to the same quantity of fresh skim milk. It can be used in cooked foods, especially, but can be used to drink if whole milk can not be had.

Lean meat, liver, poultry or fish may not be expensive if you live in the country or a small town, and even in the cities all sorts of meat are nowadays cheaper than they have been for years. Cheap cuts of lean beef or lean pork, chickens, or canned salmon, or, in some sections, wild game, will vary the diet enough to prevent pellagra. And tomatoes, good for so many other things, contribute to this purpose too.



In some tests in the pellagra regions, milk with breakfast cereal -- corn-meal mush, or still better, with boiled whole wheat -- has been found to reduce the prevalence of pellagra. Eggs or cheese, as well as meat or fish, and tomatoes, also served the purpose.

In other words, the families who kept a cow and chickens and had a garden could easily protect themselves from pellagra.

# WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF TEN

including three adults and seven children.

Bread . . . . .	25-35 lbs.
Flour . . . . .	3- 5 "
Cereal . . . . .	10-12 "
Whole fresh milk, (or) . . . . .	43-56 quarts
Canned evaporated milk . . . . .	43-56 tall cans
Potatoes . . . . .	30-40 lbs.
Dried beans, peas, peanut butter . . . . .	2- 5 "
Tomatoes, fresh or canned, or citrus fruits . . . . .	12 "
Other vegetables (including some of green or yellow color) and inexpensive fruits . . . . .	30-40 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc. . . . .	6 "
Sugar and molasses . . . . .	7 "
Lean meat, fish, cheese, eggs . . . . .	10-14 "
Eggs (for children) . . . . .	8 eggs

## MENUS

### Breakfast

Crushed wheat cooked as breakfast cereal

Milk - Toast - Coffee

### Dinner

Pot roast of beef with vegetables  
Turnip greens, or spinach  
Milk Graham Muffins  
Molasses or syrup or preserves  
Milk (for children)

OR

### Dinner

Scalloped Salmon  
Baked onions in tomato sauce  
Cornbread  
Creamy Rice Pudding  
Milk (for children)

### Supper

Tomato Juice  
Scalloped Corn  
Left-over muffins, toasted  
Butter Milk

OR

### Supper

Cream of Vegetable Soup  
Apple and Raisin Salad  
Bread - Butter  
Milk

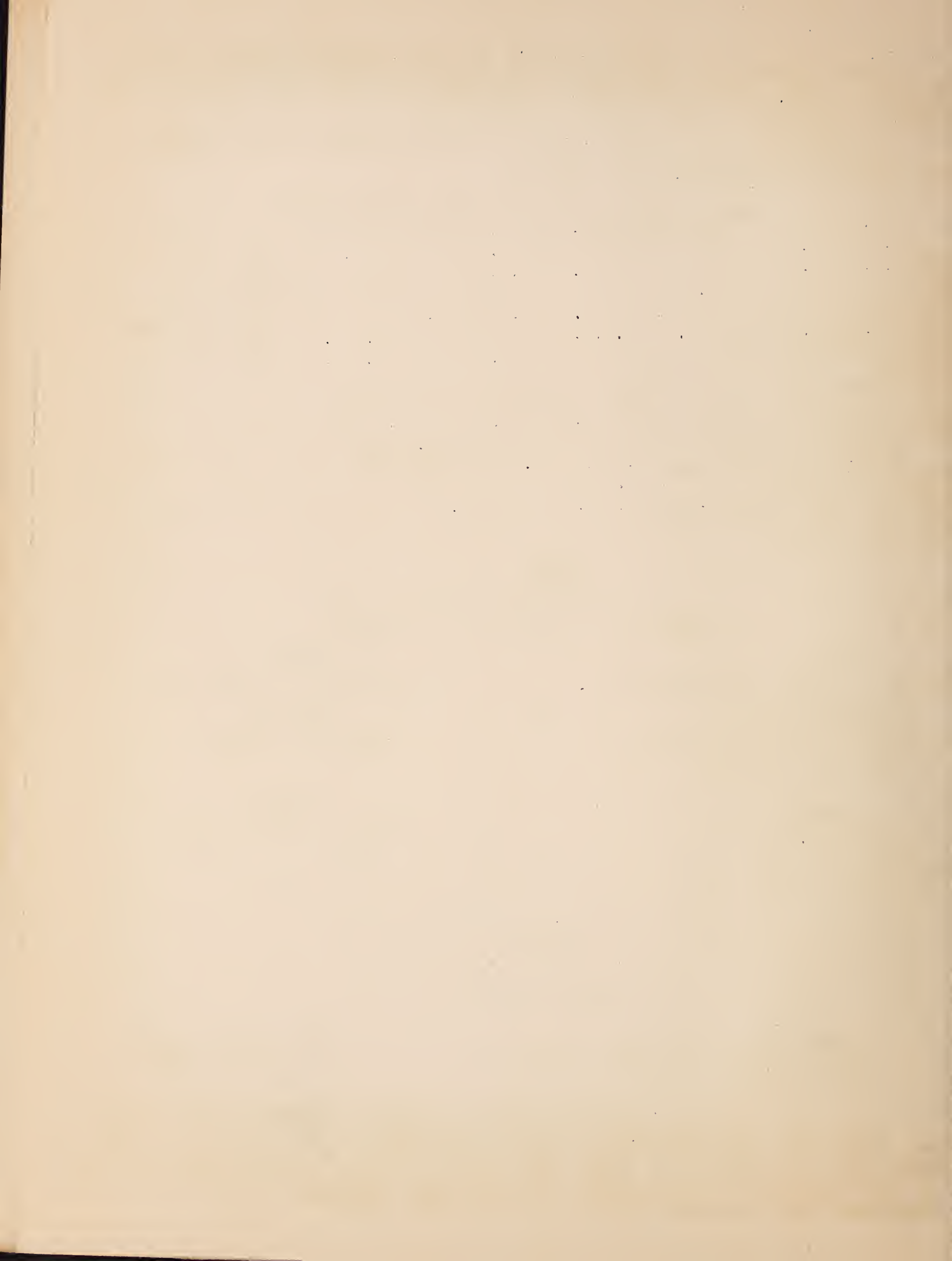
## RECIPES

### Scalloped Salmon

2 one-pound cans salmon  
1/4 cup butter, margarin, or other fat  
1/4 cup flour

3 cups milk  
1-1/2 teaspoons salt  
2 cups bread crumbs

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.





### Baked Onions in Tomato Sauce

10 medium-sized onions	3 tablespoons flour
3 pints canned tomatoes	3 tablespoons melted butter,
1-1/2 bay leaf	margarin., or other fat
1/2 teaspoon celery seed	3 teaspoons salt
3 cloves	Pepper

Skin the onions, cut in half, simmer in lightly salted water for 10 minutes, drain, and put in a large baking dish. Cook the tomatoes with the bay leaf, celery seed, and cloves for 10 minutes, and strain. Blend the flour and melted fat, add to the tomato juice with the salt and pepper, and mix well. Pour over the onions, cover and cook until the onions are tender, about 1 hour. Serve from the baking dish. Seasoning can, of course, be varied as desired.

### Skim Milk from Skim Milk Powder

For convenience in measuring allow 1/4 cup of powder for each cup of water, or one cup of powder for each quart of water. These proportions make a product that is somewhat richer in solids than fresh skim milk and that can be used in cooking just as fresh skim milk is used. Measure the water into a bowl, sprinkle the powder over the surface a little at a time, beating with an egg whip, a Dover beater or a fork. Use either cold or warm water. Boiling water is likely to make the powder lump.

This method should be used for making cornmeal mush of skim milk powder and in any other recipe that calls for the "reconstituted milk". For flour mixtures, it is sometimes more convenient to mix and sift the skim milk powder with the dry ingredients, and substitute water for milk.

### Creamy Rice Pudding

6 tablespoons uncooked rice	2 quarts milk made of
2/3 cup sugar	2 cups skim milk powder
1 teaspoon salt	2 quarts cold water
1 teaspoon nutmeg or cinnamon	

Wash the rice, add it and the remaining ingredients to the milk reconstituted, and stir the mixture. Pour into a baking dish and bake 3 or 3-1/2 hours in a slow oven. Stir occasionally while baking.

### Cream of Vegetable Soup

1/4 cup finely chopped rutabaga turnip	1/4 cup melted fat
1/4 cup finely chopped carrots	2 tablespoons flour
1/4 cup finely chopped onion	2 quarts milk made of
1/4 cup finely chopped celery	2 cups skim milk powder
	2 quarts water
	1 teaspoon salt.

Cook the finely chopped vegetables in the fat for 10 minutes, add the flour and stir until all are well blended. In the meantime, heat the reconstituted milk in a double boiler, add a little of it to the vegetable mixture, stir well, combine with the rest of the milk, add the salt, and cook for 10 minutes. The flavor is improved if the soup is allowed to stand for a short time to blend before serving. Reheat and serve. Other combinations of vegetables can, of course, be used.

